

Cooking for Pleasure and Health

How to fix traditional food with less fat

Many African American foods are good choices for lower-fat eating when they are fixed with less fat. Here are ways to cut down on fat without losing the good taste.

Cook black-eyed peas, lima beans and navy beans with little or no bacon, ham hocks or salt pork. Instead, use smoked turkey or chicken parts—skin removed—or lean ham.

In bean-and-rice combinations with meat—like Hoppin' John or red beans and rice—use meat that gives a good taste with less fat, like lean ham, turkey ham or Canadian bacon. Onion and garlic are good for seasoning. Don't add much of fatty extras.

Fried chicken and fried fish are fatty choices, but you can enjoy them with less fat by coating them lightly and not eating all of the coating and skin. For moist chicken or fish with less fat, bake or broil and don't eat much of the skin. Onion, garlic and chili powders and black pepper are good for seasoning.

Cornbread and cornbread dressing are great lower-fat choices if they are made with less oil, shortening, margarine, butter or bacon drippings. Add chicken broth for moist dressing with less fat.

Greens can be steamed or boiled with smoked turkey or chicken parts—skin removed—or lean ham, instead of fat back, ham hocks, salt pork or neck bones. Onion, cayenne pepper, vinegar or liquid smoke give good flavor.

Okra gives soup or stew a smooth, thick feel without fatty extras.

Sweet potatoes and yams are naturally fat-free. The less butter or margarine you add, the better. Cinnamon, nutmeg and cloves are good for seasoning, whether the potatoes are eaten as a vegetable or in a pie.



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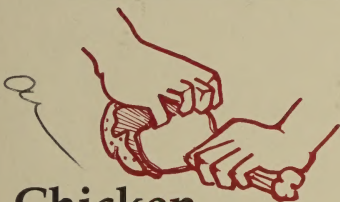
Beef or pork

- Trim fat away before cooking. Take away the fat that cooks out.
- Baste with broth or tomato juice instead of fatty drippings.

Eat small or medium portions of meat, poultry and fish.

Three ounces, cooked and boneless, is a good serving for one adult or two children.

A deck of cards is about the size of 3 ounces of meat.



Chicken, turkey or fish

- Take the skin off before cooking or before eating — or eat less of it. Take away the fat that cooks out.
- If chicken or fish will be fried, coat it lightly. The lighter the coating, the less fat it soaks up.



Gravy or sauce

Spoon fat from the broth or meat drippings, or refrigerate and lift off the solid fat.

Cook with less fat

Broil	Grill
Steam	Braise
Bake, roast	Boil, stew
Microwave	Simmer, poach
Saute, stir-fry using very little fat	
Fry with vegetable oil spray or with very little fat	

Fatty cooking

Deep-fat frying	Basting with fat
Pan frying	Cooking in fatty sauce or gravy

Add less fat to food

Fatty extras

Margarine	Butter
Vegetable oil	Sour cream
Shortening	Cream, half & half
Mayonnaise	Nondairy creamer
Salad dressing	Cream cheese
Tartar sauce	

Meat fat
Bacon grease, lard, salt pork, etc.

For good taste with less fat, season food with onion, garlic, spices, herbs, hot sauce, salsa, lemon juice, vinegar or other lowfat or nonfat seasonings.

Make one change at a time

There are many ways to fix food with less fat. Only you can decide what's right for you and your family.

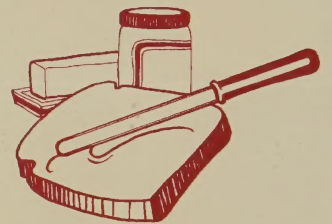
Start with changes that are easy for you. Give yourself and your family time to get used to the changes, one by one.

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Combination dish

- Use trimmed meats, skinned poultry and fish.
- Brown meat and drain off the fat that cooks out before adding other ingredients.
- Spoon fat from the top of soup or stew, or refrigerate and lift off the solid fat.
- Use more vegetables, rice, noodles, dried beans and peas.
- Use a smaller amount of sharp or aged cheese to get plenty of taste with less fat. Or use a lower-fat cheese.



Sandwich

- Use less of fatty extras, like mayonnaise, salad dressing, margarine and butter.
- Use more chicken, turkey, tuna, and lean beef or ham. Use less bologna, hot dogs, sausage and other fatty meats.



Baked goods

Cut down the fat in a favorite recipe by one tablespoon each time you make it. This will let you decide how much fat is needed for good taste.

How to fix good food with less fat

Southern Cornbread

2 tablespoons vegetable oil
1 cup corn meal
1 cup flour
2 tablespoon sugar
1/2 teaspoon salt
4 teaspoons baking powder
1 egg, slightly beaten
1 cup milk, lowfat or skim

Lightly grease 10-inch iron skillet, add oil and heat in oven while it preheats to 375°F. Blend all dry ingredients. (Note: 2 cups self-rising corn meal mix plus 2 tablespoons sugar may be used in place of the dry ingredients listed.) Combine egg and milk and add to dry mixture. Stir until blended. Pour into hot skillet and bake 20 to 25 minutes. 8 servings

Hoppin' John



1 cup dry black-eyed peas
3/4 cup onion, chopped
1-2 tablespoons margarine
2 ounces lean ham, cubed
1 cup rice
1 teaspoon salt
1/2 teaspoon garlic powder
1/4 teaspoon pepper

Wash black-eyed peas and soak overnight, then drain and rinse them. Cook onion until tender in margarine in heavy pan. Add beans, ham, rice, seasonings and 3 cups water. Simmer, covered, 40 to 50 minutes or until beans are tender and water is absorbed. 6 servings

Stewed Okra & Tomatoes

10-ounce package frozen cut okra
16-ounce can tomatoes
1/3 cup chopped onion
1 tablespoon margarine
salt and pepper, to taste

Combine all ingredients. Simmer on top of stove in covered pan for 20 to 30 minutes. Check okra for desired tenderness. 6 servings



Sweet Potato Pie

9-inch pie crust, in pan
1 1/4 cups cooked, mashed yams
1/2 cup brown sugar, firmly packed
1/2 teaspoon salt
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
2 eggs, well-beaten
3/4 cup milk, lowfat or skim
2 tablespoons margarine or butter, melted

Preheat oven to 400°F. Combine yams, brown sugar, salt, cinnamon and nutmeg in a bowl. Mix together eggs, milk and melted butter and stir well into yam mixture. Pour into pie crust and bake for 45 minutes or until a knife comes out clean when inserted in the center. 8 servings

Red Beans & Rice

1 lb ground turkey sausage
1/4 cup chopped bell pepper
1/4 cup chopped celery
1/4 cup chopped onion
1/4 teaspoon each:
garlic powder, oregano,
red pepper, black pepper
1 can red beans
1 can beef broth, fat removed
2 cups Minute rice

Brown turkey sausage and drain off fat. Add vegetables and cook 2 to 3 minutes. Stir in dry seasonings. Add beans and broth, bring to a boil, then add rice, cover, turn off heat, let sit 5 to 10 minutes. 6 servings



Cornbread Dressing

1 cup chopped onion
1 cup chopped celery
3 tablespoons margarine
5 cups crumbled cornbread
2 eggs, slightly beaten
1 1/2 cups chicken broth, fat removed
1/2 teaspoon salt
1/2 teaspoon black pepper
1 teaspoon sage (more if desired)

Cook onion and celery in margarine until tender. Mix in cornbread and eggs. Add broth and remaining seasonings desired. Mix well and put in lightly greased baking dish. Bake at 350°F for 30 to 40 minutes. 8 servings